



Let's Celebrate Self-Care!



@sgiacastillo

**COMPILED BY:
SANDY CASTILLO**

This mini guide is a little gift to remind you that self-care is the biggest form of self-love. Hope you enjoy it!



Welcome

Self-care is something that gets pushed to the back burner for a lot of people.

It's one of those things where you know you need to be practicing it but when it comes to implementing it into your daily life, you don't do it.

But, guess what, by not slowing down and taking care of ourselves, our bodies & minds will eventually stop us.

Burnout is real!

I believe that self-care should be practiced every single day in order to keep our sanity and our bodies healthy.

Whether you take 5 minutes, 2 hours, or a whole day, taking care of yourself is one of the most important things you can do for yourself.

How can you fill another cup if yours is empty?

Start taking care of yourself today!

XOXO,

Sandy

Table of Contents

Why Self-Care is Important

Self-care encourages you to maintain a healthy relationship with yourself so that you can transmit the good feelings to others.

50 Self-Care Ideas

Self-care ideas to get you started so you can enjoy self-care as often as possible. Get Creative!

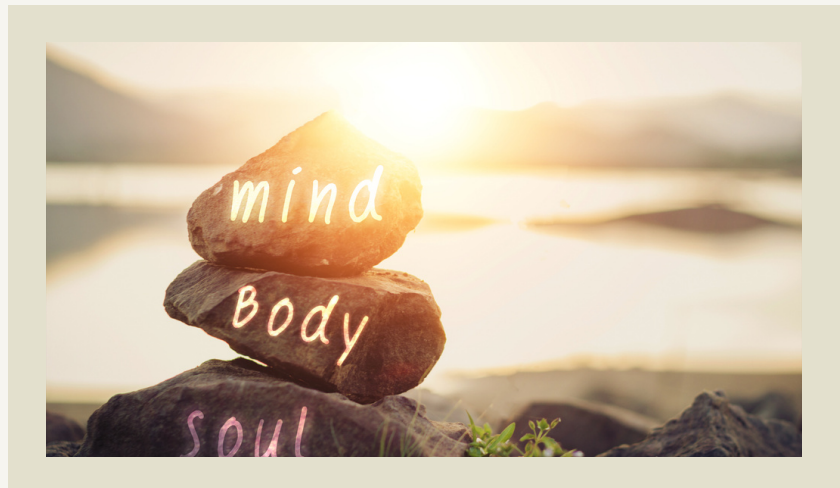
Say "NO"!

Saying no is a radical form of self-care because it helps you prioritize your well-being over your obligations and relationships.

Have FUN!

Having fun and finding joy is all part of good self-care. Fun increases our resilience and lifts our spirits.

Why Self-care is Important?



Taking care of one's self is integral to keep functioning properly. Our minds and bodies require adequate rest and care for optimal health and well-being. This day emphasizes the importance of self-care as the basis for good health. It's also a day when individuals are encouraged to prioritize self-care and make it a habit.

Self care is important for your well-being, mindset, and ability to be the best version of yourself even during times of stress.

In today's society it's almost a bragging right to say how busy you are. We are often expected to work long hours and then in the little time we have off we still have to tend to our other life responsibilities and personal relationships.



50 Self-Care Ideas

"An empty lantern provides no light. Self-care is the fuel that allows your light to shine brighter."

- Call or text someone you love
- Drink a cup of tea or coffee
- Journal about how you're feeling
- Take some deep breaths
- Listen to your favorite music
- Go for a long walk in nature
- Cook or order in your favorite meal
- Read a book
- Light your favorite candle
- Do a digital detox
- Go to your favorite place
- Stretch
- Try a new face mask
- Read inspirational quotes
- Get some sleep
- Organize or rearrange your space
- Buy yourself flowers
- Exercise in a way that feels good for you
- Write down 5 things you're grateful for
- Spend quality time with friends or family
- Turn on a diffuser with your favorite essential oils
- Watch the sunset
- Practice mindful meditation
- Take a bath or shower
- Watch your favorite show
- Turn your phone off for a bit
- Go for a drive (no destination required)
- Put on an outfit that makes you feel good
- Practice yoga
- Sleep with a weighted blanket
- Try learning something new
- Let yourself have a good cry (sometimes we need it)
- Implement a morning and night routine you enjoy
- Make a playlist of your favorite songs
- Write down 5 things you love about yourself
- Try out an adult coloring book
- Listen to a podcast or audiobook
- Do something creative (painting, writing, drawing, etc.)
- Bake a delicious treat
- Clean out your email inbox
- Drink more water
- Donate to a cause you care about
- Take a break from the news
- Start a skincare routine
- Cuddle with a pet
- Unfollow people on social media who aren't serving you
- Get some fresh air
- Write a letter to a loved one
- Sit and be still for 10 minutes
- Do a full-body scan

Say "NO"!

*"I have come to believe that caring for myself is not self-indulgent. Caring for myself is an act of survival."
– Audre Lorde*

Knowing when to say “no” is one of the self-care tips that people have the most trouble with. Between work and your personal life, it feels like you’re always saying “yes” when people ask you for something. It can be rewarding to have a full calendar, but it’s also important to know when to say “no.” If you’re feeling run down or spread thin, grant yourself the ultimate luxury: downtime.

By taking the necessary time needed to recharge, you’ll bolster your energy and be able to return to your regular schedule with increased energy and gusto. Carefully choose when you say “yes” and make sure you are only agreeing to activities or requests that align with your values or bring you happiness. When following your passion is one of your self-care activities, you seamlessly create a business and life you love.



Have Fun!

*“As you grow older,
you will discover that
you have two hands,
one for helping
yourself, the other
for helping others.”
— Maya Angelou*

Fun is the final piece of the puzzle of knowing how to take care of yourself.

When was the last time you felt pure joy? Maybe your favorite song came on and you danced around your house or sang at the top of your lungs in the car. Maybe you got completely “in the zone” working on a new piece of art or a project around the house. Or you took a road trip to a completely new place, or got your adrenaline going with a new fitness activity.

When we’re stressed, it’s easy to forget that self-care means doing things that bring us joy. With many of our go-to fun activities no longer available to us or shifted online in a socially distanced world, it’s hard to get in the mindset of having fun for its own sake. So step away from the computer. Don’t check your email this weekend. Forget what the world wants you to be concerned about. Go do something fun!

